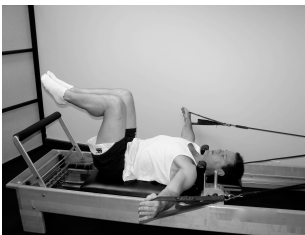


REFORMER CORE SERIES



REFORMER ARM SERIES

- Lie on the reformer with your hands in the straps, legs in a table top position
- Engage your core and lower your arms down to your sides, then slowly back up to the starting position



REFORMER ARM ADDUCTION

- Lie on the reformer with your hands in the straps and arms outstretched, legs in a table top position
- Engage your core and bring your arms into your sides, then slowly reach your arms back to the starting position



REFORMER CHEST LIFTS

- Lie on the reformer with your hands in the straps, legs in a table top position
- Engage your core muscles, and as you lower your arms down to your sides lift your head and shoulders off the reformer

Notes:

- Maintain tension in the straps and keep your shoulders and neck relaxed throughout the exercises